mifant
Supporting Mental Wellness & Recovery

www.mifant.org.au

ANNUAL REPORT

A Year of Resilience & Growth



2025 – 2026

“I used to stay home most days. Now I’ve got somewhere to be, and it’s become part of my weekday routine.”

By MIFANT participant



Table Of Contents ↘

03 Our Mission & Values

04 Management Committee

06 Message from our Chairperson & Executive Officer

08 Community Impact

09 Our Programs: MiPlace Hub, Cool Program, Karama Cottage

15 MiTrack Program & Stories

19 NDIS Support

20 Community Engagement

24 Partners, Networks & Supporters

26 Treasurer's Report & Financial Summary



OBJECTIVE

To support and advocate for mental wellness and recovery through the delivery of quality services to people whose lives are affected by mental illness.

VISION

A mentally well community without judgement where all people are accepted equally.

RESPECT

To recognise the right of all stakeholders to be listened to and to be able to make informed choices.

COMMITMENT

To provide quality services to support mental wellness and recovery.

INTEGRITY

To provide quality services that are of the highest ethical standards and are non-coercive, non-exploitative regardless of age, gender, cultural background, social status, sexual orientation, disability or religion.

Management Committee

MIFANT's Management Committee possesses extensive expertise including lived experience, across mental health, aboriginal health and business management.



Joy Green. Chairperson

As a founding member of MIFANT, Joy was initially motivated by the advocacy for her son, however Joy's impact broadened to encompass all individuals grappling with mental illness and their caregivers. Joy has had a significant impact in the development of the Northern Territory mental health sector after the closure of mental health institutions in the late 80's and in recognition of her dedicated efforts, Joy was nominated for the Australian of the Year Award in 2008. Subsequently, she received the NT Senior of the Year Award, underscoring her significant contributions.



Rosalyn Havard. Vice Chairperson

Residing in Alice Springs, Roz Havard is a dedicated advocate with a commitment to ensuring high-quality service delivery. Her profound interest lies in mental health policy and legislation, reflecting her dedication to advocating for robust frameworks in the field. As a carer of a person with a mental illness, Roz has utilised her skills on a number of national working groups and boards and is currently the Deputy Carer Co-Chair of the National Mental Health Carer and Consumer Forum. In her professional journey Roz was the Advocate (Southern Region) for the Foster Carers Association NT, and she has also previously facilitated diverse family and carer mental health education programs.

Management Committee

Gayan Abeysekara. Treasurer



Gayan holds a Master of Professional Accounting from Charles Darwin University and a Master of Commerce from Charles Sturt University, majoring in Strategic Management, Marketing, and Human Resources. With over 18 years of diverse experience across finance, education, and operations including project management, IT, facilities management, compliance, master planning, WHS, HR, administration, and contract management. He brings strategic insight through leadership and board involvement. Deeply committed to inclusive service delivery, Gayan's lived experience across multicultural backgrounds adds a strong values-based perspective aligned with social equity, community needs, and long-term well-being.

Elli Morris. Ordinary Member



Elli grew up in rural South Australia, where mental health services were scarce. Elli has a strong passion for legislation changes for people living with mental illness, as her brother was incarcerated twice, due to his mental illness and having limited access to appropriate care. Elli currently works as a union official. She has vast experience in campaigning for flagship fundraising events, human rights, environmental, and industrial relations.

Louise Mayclair. Ordinary Member



Louise Mayclair is the Executive Officer for the Health and Wellbeing Pillar at the National Heart Foundation, delivering strategic projects and providing operational support to teams working to improve heart health equity. Louise is a registered ASIST suicide intervention trainer, delivering workshops across the top end for over 12 years. Louise has lived and worked across urban and remote settings in the Northern Territory, including five years in Kakadu National Park. She brings extensive experience across client facing and leadership roles in mental health (including community mental health and suicide prevention), justice, transitional housing, children and parenting services, and alcohol and other drug sectors.

Message from
MIFANT's Chairperson & Executive Officer

It is our privilege to present this joint report for the 2025–26 financial year. MIFANT continued to provide practical, recovery-focused support to people experiencing mental health challenges, their families and carers across the Northern Territory. Our work remained grounded in lived experience, strong community relationships and the belief that every person should be able to access respectful, responsive support close to home.



JOY GREEN.
Chairperson



LORRAINE DAVIES.
Executive Officer

A defining achievement was the independent evaluation of MiTrack by Pandanus Evaluation. The evaluation engaged young people, parents, carers, community members, service providers and team members, with activities observed in Tennant Creek and Alice Springs. More than 96% of young people, families and carers reported satisfaction with MiTrack, and the findings highlighted stronger confidence and competence, improved family functioning and networks, increased safety and resilience, reduced destructive behaviours, and improved life and education skills. MiTrack's trusted relationships and established presence also strengthened our confidence in delivering responsive, culturally safe support across remote and very remote communities. This was achieved despite practical challenges including workforce vacancies and turnover, long travel distances, and maintaining consistent referrals and engagement across dispersed communities.

INDEPENDENT EVALUATION

The MiTrack evaluation

Conducted by Pandanus Evaluation

96%+ of young people, families and carers reported satisfaction with MiTrack

WHAT THE EVALUATION FOUND

- **Stronger confidence and competence**
- **Improved family functioning and networks**
- **Increased safety and resilience**
- **Improved life and education skills**

> **"This was achieved despite practical challenges including workforce vacancies and turnover, long travel distances, and maintaining consistent referrals and engagement across dispersed communities."**

Message from MIFANT's Chairperson & Executive Officer

We successfully maintained our accreditation following mid-cycle assessments against both the National Standards for Mental Health Services and the NDIS Practice Standards. The assessments affirmed the strength of our service delivery and governance arrangements, while identifying practical opportunities to further improve our systems and practices. This achievement reflects the ongoing commitment of our staff, managers and Management Committee to providing safe, accountable and high-quality support.



We also increased mental health awareness through our 2025 Mental Health Week program. The Darwin gala brought together sector leaders, professionals, advocates and community members for an evening of conversation, connection and fundraising. Mental health advocate and speed artist Sarah Rowan shared her story and created an artwork live, using colour, energy and hope to make mental health journeys visible. Community art workshops in Alice Springs and Tennant Creek extended this engagement to children and families. In Darwin, the MiPlace Hub Open Day welcomed the wider community, highlighting the importance of social connection and community engagement.

The generosity of our community and corporate partners has been essential to the effectiveness of our work. We gratefully acknowledge in particular **Habitat NT** and **DCOH** for their generous support of MIFANT's activities and services. Without support of this kind, we would not be able to respond as effectively to the needs of our clients, families and carers or provide the additional activities, resources and opportunities that strengthen wellbeing, recovery and community connection.

These achievements were delivered in a demanding environment marked by workforce shortages, increased compliance requirements, digital transformation and funding pressure. MIFANT maintained close oversight of finance, compliance, risk and service continuity to ensure our services remained sustainable, responsive and focused on the needs of our clients.

We thank our staff, Management Committee, members, volunteers, funders, partners and supporters and especially the people, families and carers who trusted us to walk alongside them.

Joy Green -&- **Lorraine Davies**

Joy Green Lorraine Davies

Community Impact

871 participants were supported by MIFANT in 2025/26, through our programs and services.

387	328	120	36
MiPlace Hub	MiTrack	Families and carers	NDIS

OUTCOMES

MiPlace Hub

96% positive reaction to attending MiPlace

What people valued: staff who are helpful, supportive and understanding, feeling able to be themselves, and a relaxed space for BBQs, karaoke, cooking, card games and singing.

One participant shared that their mental health had been stable and they were happy with staff support.

MiTrack

84% of clients completing goal assessments reported positive progress

96%+ of surveyed families, carers and children were satisfied

COMMUNITY VOICES

"MiTrack's flexible way of working means young people and their families get help even when other services can't support them."

SERVICE PROVIDER

"She was encouraged to take on a leadership role in group sessions. MIFANT team has actually been very good at connecting her with other kids and trying to set up those relationships and set my daughter up to help the other kids. And she gets a lot out of that."

CARER, MITRACK

"I enjoy the program activities. It helps to see other kids with similar issues engaging with one another and learning in a diverse peer group. My son has grown in confidence and ability to communicate since coming here."

CARER, MITRACK

"She took on the job of cooking for all of the other kids, making pancakes or tacos, which if she was to do at home would be a really big challenge ... but in that setting, she actually does it very well."

CARER, MITRACK

Our Programs



Mental Illness Fellowship of Australia (NT) (MIFANT) is a not-for-profit organisation that has been serving the Northern Territory for over 30 years.

With services in **Darwin, Tennant Creek, and Alice Springs,** MIFANT provides **recovery-focused support** to individuals living with mental health conditions, as well as their families and carers. In Tennant Creek and Alice Springs, we also deliver **early intervention programs** for children and young people at risk of developing mental illness, helping to build resilience and promote mental well-being in these communities.



MiPlace Hub

Mental Health Hub in Darwin



Cool Program

Supported Social Community Outings



Lived Experience Peer Worker

Individual Support and Mental Health System Navigation



Respite

Short Term Respite (STR) in Darwin



MiTrack

Youth Early Intervention Mental Health based across Central Australia

SCAN ME

We invite you to scan the QR code to explore our services and programs!

MiPlace Hub

MiPlace continued to be a welcoming and familiar place for people to come together throughout 2025–26. Open Monday to Friday, the Hub provided more than a calendar of activities, it offered a place where people could walk through the door, feel welcome, spend time with others and participate in whatever way felt comfortable for them.

Throughout the year, the Hub was filled with a mix of creativity, conversation, laughter and connection. Art and craft continued to be a popular part of the program, giving participants an opportunity to try different techniques, work on their own projects and create alongside others. Games, arcade activities, pool, karaoke and trivia brought a different energy to the Hub, while gardening and other practical activities provided opportunities to learn skills and contribute to the shared space.

Wellbeing workshops were also incorporated into the MiPlace program throughout the year, creating opportunities for participants to explore mental health and wellbeing in an informal and supportive environment.



OPEN MONDAY TO FRIDAY

Life at MiPlace

- Connection and friendship
- Informative speakers
- Art and craft
- Practical skills development
- Wellbeing workshops
- Friday BBQs

The workshops encouraged conversation, reflection and connection while providing practical strategies that participants could take away and use in their everyday lives. Delivering these sessions within the familiar MiPlace environment helped make conversations about mental health and wellbeing feel approachable and accessible.





MiPlace Hub

Food kept bringing people together. Friday BBQs were a relaxed way to finish the week, with everyone gathering around a meal and catching up. These everyday moments matter. For some people, having somewhere familiar to go and people who know them can change their whole week.

Health and wellbeing remained an important focus across the broader program. Guest speakers and visiting organisations, including Healthy Living NT, provided opportunities for participants to learn more about their health and connect with information and services in a relaxed environment. Combined with the wellbeing workshops, these sessions helped bring useful information and support directly into a space where participants already felt comfortable.

Participants also continued to have a voice in the Hub through monthly consumer meetings and regular feedback. Their ideas helped guide activities and provided opportunities to talk about what was working well and what they wanted to see at MiPlace.



One of the strongest reflections of this came through participant feedback collected in March 2026.

PARTICIPANT FEEDBACK, MARCH 2026



In March 2026, MiPlace Happy Index showed 93 out of 100. Behind that number are the everyday experiences that make MiPlace what it is sharing a meal, participating in a wellbeing workshop, joining an activity, having a conversation, making a friend, learning something new or simply having somewhere to belong.

Across 2025–26, MiPlace continued to show that supporting mental health and recovery does not always happen through formal conversations. Sometimes it happens during a wellbeing workshop, over a game of pool, while creating something at the art table, around a BBQ or through a conversation with someone who understands.

MiPlace is ultimately about connection, creating a community where people can participate, build relationships, strengthen their wellbeing and feel that they belong.

COOL Program

Fun, friendship, new experiences and plenty of adventures, COOL continued to make community participation something to look forward to in 2025–26.



The COOL Program continued to bring fun, friendship and adventure into the week throughout 2025–26. The program gave participants the opportunity to get out and about across Darwin and surrounding areas, enjoy new experiences and spend time with friends while building confidence in the community.



Participants enjoyed everything from swimming and bowling to op shopping, visiting museums and galleries, exploring local attractions, heading to parks and outdoor spaces, sharing BBQs and enjoying meals or a coffee together. Some outings were about getting active, others were about discovering somewhere new, and sometimes the best part was simply sitting together, having a laugh and enjoying each other's company..



The regular Tuesday afternoon outings provided a chance to break up the week and get out into the community, while the fortnightly Saturday adventures allowed more time to travel further, explore different places and make a day of it. Like the previous year's program, the variety of outings remained part of what made COOL enjoyable, participants could experience different activities and places rather than following the same routine each week.

Cool Program

Participant choice was an important part of keeping COOL fun. Participants were encouraged to have a say in where the group went and what they wanted to do. This meant outings reflected the interests of the people actually attending and gave participants an opportunity to make choices, suggest something different and encourage the group to try new experiences.

The small moments added up. A competitive game of bowling, finding a bargain while op shopping, cooling off at the pool, exploring somewhere new, sharing lunch together or enjoying a BBQ outdoors. These experiences created plenty of opportunities for conversation and laughter, but they also helped friendships develop naturally.

Behind all the fun, COOL continued to have an important purpose. Getting out into the community provides opportunities to practise everyday skills such as making decisions, communicating with others, navigating different environments, ordering food, managing purchases and becoming more comfortable in unfamiliar places. With regular support and encouragement, experiences that may initially feel challenging can gradually become familiar.

BEHIND THE FUN

Everyday skills, every outing

- Making decisions
- Talking with others
- Finding your way around
- Ordering food
- Paying for things
- Being part of a group

For some participants, joining a group outing can itself be a significant achievement. Regular participation can help reduce social isolation and provide a reason to leave the house, reconnect with others and become part of a group. Over time, familiar faces become friends, new places become easier to visit and confidence can grow.



COOL is about much more than where the group goes each week. It is about the experiences along the way, trying something new, having a laugh, making friends, building confidence and creating memories together while becoming more connected to the community.

SCAN ME

We invite you to scan the QR code to explore our services and programs!

Karama Cottage



> “It’s a peaceful place to step away from the stress and focus on myself.”



Karama Cottage is a multi-use overnight respite stay for people living with a mental health condition or caring for someone with a mental health issue.

Karama Cottage provides short-term supported respite for participants living with a psychosocial disability who have an NDIS plan.

At Karama Cottage, participants can relax or learn independent living skills with support from recovery workers.

Karama Cottage also offers respite stays for people caring for somebody with a mental health condition.

Karama Cottage is an elevated style house located on a quiet street in Karama, offering a warm and welcoming atmosphere designed to help guests relax.

The house is close to shops, bus routes, bike tracks, Holmes Jungle Park, and Crocodylus Park.

Accommodation options vary according to the needs of the people requesting to stay at the house.

Options include weekend breaks, overnight stays, or longer breaks, and can also be regular planned stays or one-offs. The options are tailored to support the person’s needs.

> “It helped me rebuild small routines”





We invite you to scan the QR code to explore our services and programs!

MiTrack Program

MiTrack Program has had another busy and rewarding year, supporting children, young people and families across Alice Springs, Tennant Creek and surrounding Barkly communities. Throughout 2025–26, the program continued to combine early mental health intervention with practical family support, community outreach and activities that made conversations about wellbeing engaging, creative and accessible.

At the heart of MiTrack is the understanding that connection often comes before conversation. Across the year, the team used art, movement, cooking and practical activities, wellbeing and emotional literacy sessions at the office, yarning and community gatherings to create relaxed opportunities for children, young people and families to connect. Rather than expecting families to always come into an office, MiTrack continued to take support out into the places and communities where people already felt comfortable.

Community workshops became an important part of this approach. In Tennant Creek, women came together for Walking Strong Together, a wellbeing workshop that brought 18 women into the MiTrack space. Through connection games, movement, art and guided conversations, the group explored wellbeing, protective relationships and what it means to stay strong in mind, body, heart and spirit. The workshop created a safe and welcoming environment for women to reflect on their experiences while strengthening connection with one another.



The next day, 15 women, including two teenagers, joined us at the Tennant Creek Women's Refuge to paint canvas bags with positive affirmations. What started as an art activity opened up conversations about asking for help, managing emotions and the responsibilities women carry. With support from the Refuge through the venue, food and transport, the day demonstrated what can happen when local services work together to create meaningful and accessible activities for families.



MiTrack Program

MiTrack also continued its outreach beyond Tennant Creek. During the period, the team travelled to Elliott for an Emotional Awareness Workshop and community BBQ. The afternoon brought together 21 adults and around 15 to 20 children to explore strengths, kindness, identity and ways of coping when things get hard. The response from the community was positive, with families asking for MiTrack to return.



These community days are an important part of what MiTrack is about. A BBQ, painting a canvas bag, playing a connection game or sitting together for a yarn may appear simple, but they create opportunities to talk about feelings, resilience, relationships, identity and mental wellbeing without making those conversations feel clinical or confronting.

Alongside the workshops and community activities, MiTrack Case Coordinators continued the quieter, individual work that happens every day with children, young people and their families. This included assessment and intake, individual case support, Family Action Plans, practical assistance, referrals, family engagement, outreach and connecting families with other services when additional support was needed.

Case Coordinators worked alongside families rather than taking a one-size-fits-all approach. Each young person's circumstances, strengths and goals helped guide their support. Building trust with parents, carers and extended family was particularly important, as was working alongside schools, Aboriginal organisations, health services and other community providers.

"Sometimes success is simply being invited back. It means the community felt comfortable, connected and wanted the relationship to continue."

MiTrack also continued strengthening connections with organisations across Central Australia and the Barkly, including engagement with headspace Alice Springs, Julalikari Council, Anyinginyi Health – Piliyintinji-Ki Stronger Families, schools, family services and other local health and community organisations. These relationships helped create stronger pathways for families and ensured MiTrack was part of the broader network of support surrounding children and young people.



MiTrack Program

The reach of the program was reflected in its service activity. During the period, MiTrack supported 328 children, young people and families and delivered 1,222 service sessions across its two outlets. Aboriginal and Torres Strait Islander people represented 91.48% of participants, reflecting the importance of culturally responsive, community-based support across the regions where MiTrack works.

What made 2025–26 particularly meaningful was the variety of ways people connected with the program. Sometimes support happened through structured case coordination with a young person and their family. At other times it began through an art activity, a wellbeing workshop, a community BBQ, a conversation with a parent or simply spending time together in community.



At the heart of all of this remained our MiTrack Case Coordinators. Their work is about showing up, listening and building relationships with children, young people and families. Whether providing individual support, helping a family navigate services, travelling for outreach or bringing people together through a community workshop, the focus remained on providing the right support as early as possible.



By combining early intervention with creativity, community connection and strong relationships, MiTrack continued to help children, young people and families build resilience, strengthen their wellbeing and feel supported, not only when things become difficult, but before they reach crisis.



MiTrack Stories

Some of MiTrack's best outcomes cannot be captured by numbers. Here are a few from this year, shared without names or identifying details.

Finding a way back to school

One young person came to MiTrack with school attendance below 40%. Rather than focusing only on attendance, we looked at what was happening in their life. Working with the young person, their family and the school, we built a more flexible path back, and they began reconnecting with their education. Another young person, attending only half days, is now building the confidence and routine to work towards full days.

Finding a voice

Another young person was living with anxiety and pulling away from others. Through creative and peer activities, their confidence slowly grew. Today they share their own lived experience to connect with others, and after completing work experience with a disability advocacy organisation, they are interested in advocacy and community leadership.

Becoming a leader

A young participant who once needed encouragement to join in now helps younger children during activities and has taken on a leadership role in the group.

Supporting the whole family

A family facing housing instability and significant stress worked with MiTrack through Collaborative Family Action Planning. The parent now feels more confident supporting their child and finding services. The young person has made friends and is more involved in positive activities.

SMALL WINS THIS YEAR

Throughout the year, staff saw young people make progress in many different ways:

- Returning to school
- Improving literacy
- Managing emotions
- Less anxiety
- Making friends
- Trusting others
- Thinking positively about the future

> *Sometimes the good news is a young person walking back through the school gate. Sometimes it is a parent who finally knows where to go for help. And sometimes it is a young person who once needed support becoming the one who encourages someone else. These moments may seem small, but they are often where early intervention begins.*

NDIS Support

For more than 30 years, MIFANT has supported people experiencing mental health challenges to live meaningful, connected, and fulfilling lives. As a trusted community mental health organisation, our work is grounded in the principles of peer support, compassion, recovery, and putting each person at the centre of their care.



Our Support Coordinators assist participants to navigate the NDIS, helping them understand and implement their plans, access appropriate services, and ensure supports are in place when needed. They work alongside participants during periods of change and challenge, building the skills, knowledge, and confidence required to make informed decisions and achieve greater independence.

Through Psychosocial Recovery Coaching, participants are supported to identify and pursue their own recovery goals. Our Recovery Coaches build on each person's strengths, working collaboratively with participants to build resilience, increase capacity, and support long term wellbeing. Through encouragement, understanding, and a focus on individual strengths, Recovery Coaches help participants build confidence, make informed choices, and take an active role in their recovery.

MIFANT has established strong partnerships with a broad network of trusted service providers to ensure participants can access the specialised supports they need within their NDIS plans. Together, these collaborative relationships contribute to improved health outcomes, increased independence, and enhanced quality of life for participants.

As a registered NDIS provider, MIFANT delivers a range of supports designed to assist participants in achieving their goals, increasing independence, and enhancing wellbeing.



We recognise that navigating the NDIS can sometimes be complex and challenging for participants, families, and carers. MIFANT remains committed to providing guidance, advocacy, and practical support throughout this journey, helping people overcome obstacles, celebrate achievements, and focus on what matters most to them.

As the NDIS continues to evolve, MIFANT remains responsive to changing participant needs and the broader service environment. Our commitment to continuous improvement ensures that our services remain relevant, accessible, and effective.

We believe that good mental health is fundamental to independence, wellbeing, and quality of life. MIFANT is proud of the positive impact we have made within the community and remains dedicated to supporting people to live the lives they choose.

Community engagement

This year, we brought people together across Darwin, Alice Springs and Tennant Creek to talk openly about mental health, celebrate creativity and remind each other that nobody has to do this alone. From a gala evening to a pool competition, every event had the same goal: a community where mental health can be discussed without shame.

| Mental Health Week 2025

Mental Health Week Gala

Our Mental Health Week Gala brought together people with lived experience, carers, community members and leaders for an evening of connection, reflection and creativity. We were honoured to welcome Hon. Steve Edgington MLA, Minister for Health, representing Chief Minister Lia Finocchiaro MLA, and Hon. Jinson Anto Charls MLA, Minister for Disability. Keynote speaker Sarah Rowan reminded everyone that creativity is not just for artists, and encouraged us all to make small, intentional moments for creative thinking in everyday life.

Sensory Treasure Hunt at MiPlace

At MiPlace, participants celebrated Mental Health Week with a Sensory Treasure Hunt. Stations invited people to engage all five senses, from singing karaoke and tasting different chocolates to exploring colours, scents and textures. Participants finished by writing "Take a little step to..." notes for others to read, with messages like "stop a little more often and sing" and "play more often and relax." It was a gentle reminder that wellbeing often grows from small steps.





Collective Canvas in the Red Centre

After the gala, Sarah Rowan travelled to Alice Springs and Tennant Creek to run art sessions with young people. Together they created a collective artwork of ocean scenes and an eagle, with barefoot basketball games and K-pop dance breaks between painting sessions. Art gave young people a safe, relaxed way to express themselves, build their emotional vocabulary and start conversations about wellbeing. The sessions were featured in The Centralian Today.











Community engagement

Schizophrenia Awareness Week 2026

This year's national theme, Beyond the Headlines, asked us to look past stereotypes and focus on the real, lived experiences of people in our community.

Raintree Park Community Event

In the heart of Darwin's CBD, we hosted information stalls, live music and a community voting activity, with a sausage sizzle supported by Bunnings Warehouse Darwin. Many people stopped to ask about local services and to learn more about schizophrenia.

MiPlace Hub Open Day

Our Open Day brought participants, staff and community members together for a friendly pool competition, an origami workshop, live music from Paul and a shared BBQ lunch. Our Development Manager Kon Vatskalis opened the day, and we were pleased to welcome Laurie Zio MLA, Member for Fannie Bay.

Community Voting

What matters most?

Community members' mental health priorities for the Territory, in order

1. **Family and Peer Support** — Top priority
2. **Safe and Stable Housing**
3. **Stories about Mental Illness without Stigma**
4. **Mental Health Support that is Easy to Reach**
5. **Services that Work Together**











Community engagement

Recognition and Milestones

Congratulations to Rosalyn Havard, MIFANT's Vice Chairperson, on winning the NT Mental Health Week Award 2025 for Leadership in Lived Experience.



In May 2026, MIFANT hosted the Mental Illness Fellowship of Australia (MIFA) Conference, welcoming our national network into MiPlace Hub, seeing firsthand the space where our everyday activities, conversations and connections happen.



Visitors to MiPlace

We welcomed Robyn Lambley MLA, Speaker of the Legislative Assembly, Oly Carlson MLA, Assistant Minister for Health and Member for Wanguri, Justine Davis MLA, Member for Johnston, Ed Smelt MLA, Member for Nightcliff, and Michael Koulianos, President of the Greek Orthodox Community of Northern Australia, who presented a $2,000 donation for our Darwin services. Each visit was a chance to share what MiPlace means to Darwin and the story of MiTrack in Central Australia.

LOCAL CONNECTIONS

Out and about

Parap Primary School
Year 6 students ran their own fundraising stalls for MIFANT, raising money and awareness

City of Palmerston Library
Information stall and session on mental wellness and recovery support, November 2025

Child Family Centre
Families, carers and community members came together for a community session, March 2026

Coolalinga Central
Meeting locals and sharing information about our services, March 2026

Darwin Disability Expo
Connecting with the community at Marrara, May 2026











Community engagement

Social Media Growth

This year, we showed up online more consistently than ever before, sharing 326 posts across Facebook, Instagram and LinkedIn. Telling the everyday stories of MiPlace, Cool Program and MiTrack, and sharing practical mental health information with the community.

SOCIAL MEDIA, 1 JULY 2025 TO 30 JUNE 2026

326 posts across Facebook, Instagram and LinkedIn

143,680 impressions

4,175 content interactions

153 new Facebook followers



Our most popular posts were about people coming together. The Schizophrenia Awareness Week Open Day at MiPlace, the MIFA Conference hosted at MiPlace Hub and our Raintree Park community event were among our most viewed posts, while our post about families and carers coming together at the Child Family Centre drew more interactions than any other. Darwin was our biggest audience, with strong engagement from Alice Springs and across the Territory.

LinkedIn

LinkedIn continued to grow as our professional channel, connecting us with health professionals, referrers, government and sector partners. By 30 June 2026, our network had grown to 179 followers.

179 LinkedIn followers, connecting MIFANT with the people who refer to and work alongside us

- Health professionals
- Referrers
- Government
- Sector partners

Looking Forward

Our community engagement this year showed the power of connection, creativity and conversation. From a gala evening to a game of pool, from an art session in the Red Centre to a post that helps someone find support, MIFANT will keep building a Territory where mental health is talked about openly, understood and supported.

National Partners

MENTAL ILLNESS FELLOWSHIP OF AUSTRALIA (MIFA)

MIFANT is the NT member of the Mental Illness Fellowship of Australia (MIFA) a national alliance of not for profit mental health service providers. MIFA provides an Australian voice to international mental health networks as well as national voice representing a federation of organisations around the country. Over the past year, MIFA continued to advocate for National Reform in the Mental Health sector with the National Psychosocial Support Advocacy Alliance who together with 35 other leading mental health organisations are addressing the gaps in psychosocial supports so people stop missing out on the services they need to support their recovery.

Our Networks

SANE AUSTRALIA

In partnership with SANE, Mental Illness Fellowship provides an online forum for people living with a mental illness and another forum for families and friends of people living with a mental illness. The forums provide a free, peer-to-peer service where carers and people living with mental illness can link up and share stories, tips and offer support. The forums are anonymous and moderated to ensure they remain safe and welcoming for all members of the community. Both forums can be found on our website.

FINDING NORTH

As a safe and secure online environment, Finding North Network is for the exclusive use of those who understand mental illness firsthand. The Network is a forum for people to share their experiences, discuss ideas, and develop their voice in speaking to the issues surrounding mental health in Australia.

The Network provides opportunities to connect with peers, leadership development, access to live events, resources, links to organisations and projects about lived experience leadership.

Our Supporters

We would like to acknowledge and appreciate our amazing supporters all across Australia. Your support helps us achieve our goals and make our vision a reality.

We receive support in various ways, including financial, volunteering, national systemic advocacy and provision of services to name a few. These financial contributions enable MIFANT to play a crucial role in promoting mental health awareness and supporting our community's mental wellness and recovery.

Treasurers Report

The MIFANT audit this year was conducted by SAMAF Group PTY LTD. In the opinion of the auditor the financial reports presented fairly and the financial performance of the organisation as at 30th June 2026 ended in accordance with accounting policies to the financial statements and the requirements of the Associations Act.



Financial Summary

The total income in 2025/26 was **$2.15 million**. Our financial summary shows that we received $1,341,637 (62.4%) from Commonwealth Grants, $368,083 (17.1%) from NTG Grants, $407,478 (18.9%) from NDIS Income and $33,799 (1.6%) from other sources.

INCOME BY SOURCE, 2025/26



Our total expenditure in 2025/26 was **$2.23 million**, resulting in a deficit of $77,828 for the year, compared with a deficit of $194,656 in 2024/25.

INCOME AND EXPENDITURE, 2025/26



$77,828 deficit Compared with a deficit of $194,656 in 2024/25.

FINANCIAL POSITION

	2025/26	2024/25
Total Assets	$1,193,253	$1,291,312
Total Liabilities	$664,589	$684,820
Net Assets	**$528,663**	**$606,493**
Total Equity	**$528,663**	**$606,493**

mifant
Supporting Mental Wellness & Recovery

Let's Stay Connected

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